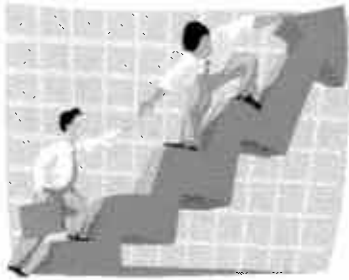


WELLNESS POLICY



Policy Statement - The Caldwell School District believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. We believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

The Caldwell School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the whole learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, the schools contribute to the basic health status of children. Improved health optimizes student performance and ensures that no child is left behind.

Purpose – The purpose of this policy is to provide direction to the school system for promoting student wellness through nutrition education, physical activity, and the selection of nourishing foods and beverages and to fulfill the requirements of Public Law 108-265, Section 204, June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004.

Goals

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

- B. Support and promote proper dietary habits contributing to student's health status and academic performance.

All foods available on school grounds and at school –sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

C. Increase the amount of time students are engaged in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for others is not appropriate.

D. The Caldwell School District is committed to improving academic performance in high-risk groups so that no child is left behind.

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure that students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the students population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind

Policy

Effective July 1, 2006 the following nutrient standards will apply to all foods and beverages sold at all sites accessible to all Caldwell School District students from one-half hour before school starts until one-half hour after the end of the regular school day. The standards govern the quality and portion sizes of food and beverages authorized for sale through student stores, vending machines, a la carte sales, school-sponsored fundraising activities and the CSD Food Service Department.

Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. The foods that are restricted from sale or 'give away' to students are classified within four categories:

- *Soda Water-any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and proteins.*
- *Water Ices-any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.*
- *Chewing Gum-any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.*

- *Certain Candies-any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.*

Nutrient Standards Requirements

Nutrient Standards and Guidelines are necessary to: provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily; set upper limits for nutrient concern, i.e., total fat, sugar and sodium; evaluate products the level of key nutrient students need to increase. i.e., protein, fiber, vitamin A, vitamin C, iron and calcium.

Food choices provided to students will meet the following standards:

- A. No more than 30% of total calories from fat. No more than 10% of total calories from saturated fat, including trans fat. (Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced fat, low-fat, or fat-free milk is exempt from this standard.)
- B. No more than 35% added sugar by weight (not including fruits and vegetables When used as additives).
- C. No more than 600 mg. Of sodium per serving.
- D. No carbonated drinks.
- E. No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 ounce.
- F. No beverages containing additives such a herbal/non-vitamin supplements.
- G. Fruit or vegetable based drinks must be composed of a minimum of 50% fruit or vegetable juice.
- H. No beverage to exceed 20 ounces.
- I. Snacks and sweets not to exceed 1.5 oz.
- J. Cookies not to exceed 2 oz.
- K. Cereal bars not to exceed 2.5 oz.
- L. Bakery items (pastries, muffins, etc.) not to exceed 3 oz.
- M. Frozen desserts, ice cream not to exceed 3 oz.

- N. Other entrée items and side dishes shall be no larger than the portions of those foods served as part of the National School Lunch Program.

A selection of acceptable choices of approved foods, snacks and beverages will be developed and updated annually by the Caldwell School District Food Service Department. This list will be distributed to all school sites for use in ordering items for vending machines, student stores, a la carte sales and school sponsored fundraising activities and will be incorporated into all food purchasing contracts.

The visibility, variety and accessibility of fresh fruits and vegetables at all school sites will be encouraged.

Food and beverages sold more than one-half hour outside of regular school hours are exempt from this policy.

Fund Raising

All fundraising projects for sale and consumption within and prior to the instructional day are expected to make every effort to follow the District's Nutrition Standards when determining the items being sold.

Schools are encouraged to include non-food items such as pencils, stickers, etc. as choices in their student stores, vending machines and school-sponsored fundraising activities.

Proceeds from sale of food and beverage on school grounds must directly benefit school academics, activities or the CSD Food Service Department.

Financial accounting for sale of food and beverages on school grounds must adhere to CSD accounting practices and procedures.

Parents and students are encouraged to bring healthy food/beverage choices for their cold lunch, mid-morning and mid-afternoon snacks.

Teacher/Student Incentives

Strong consideration should be given to nonfood items as part of any teacher incentive programs. Teachers who feel compelled to use food items as incentives are encouraged to adhere to the District Nutritional Standards.

Nutrition Education

Beginning school year 2007 all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

Holidays/Celebrations

Celebrations Events/parties that celebrate the following holidays/celebrations will be exempt of the CSD Nutrition/Wellness Policy. Events/Celebrations that occur over a one day period must designate one day for the exemption of the CSD Nutrition Policy.

(Events/Parties must take place the day before, the day of or the day following the listed holidays/celebrations)

1. Labor Day
2. Columbus Day
3. Halloween
4. Veteran's Day
5. Thanksgiving
6. Hanukkah
7. Kwanza
8. Christmas
9. New Year's Day
10. Martin Luther King Day
11. Ground Hog Day
12. Valentine's Day
13. President's Day
14. Palm Sunday/Good Friday/Easter
15. St. Patrick's Day
16. Passover
17. Mother's/Father's Day
18. Memorial Day
19. National Teacher's/Employee's Day
20. Flag Day
21. Homecoming (High School Only)
22. Prom (High School Only)
23. Senior Breakfast/Graduation Parties

Physical Activity

Beginning July 1, 2006 all Caldwell School District students shall receive a minimum of 30 minutes of exercise within the regular school day.

Exercise will consist of one or a combination of:

1. P.E. (Physical Education Class)
2. Recess
3. Passing time between classes

School days that are shortened due to weather, conferences or holidays will be exempt from the 30 minutes of exercise.

Beginning July 1, 2007 students participating within the lunch program (hot or cold lunch) must participate for a minimum of 20 minutes. Dismissal from the lunch program may begin 20 minutes from when the student sat down with their meal.

Caldwell School District Wellness Committee:

- School Administrator
- District Foodservice Supervisor
- School Board Member
- Student Representative
- Parent Representative
- Community Representative

